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FIFA WORLD CUP FEVER: WE'VE GOT YOU COVERED

CHECK OUT WHAT A NEAR BILLION-DOLLAR
DREAM TEAM WOULD LOOK LIKE **PAGE 9**

How do you practice safe shopping?

A 'credit card condom' is for those
prone to forget the reality of their
financial circumstances **PAGE 14**

Cops widened search for escapees Sunday

Quebec inmates who escaped
were facing murder charges **PAGE 6**



Flowers and candles sit on Sunday morning outside Les Suites Hotel on Besserer Street, where Brandon Volpi, 18, inset, was stabbed at a post-prom party over the weekend. Volpi was pronounced dead in hospital Saturday morning. MAIN PHOTO: JOE LOFARO/METRO; INSET PHOTO: COURTESY DANNY VOLPI

Killer won't get away: Victim's dad

Prom-night death.

Stabbed teen was to
start his first semester
in police foundations
at Algonquin this fall

Quoted

"All I can say is I love my son very much and he went down as a hero. In my books, he's my hero."

Danny Volpi, Brandon Volpi's father



JOE
LOFARO
joe.lofaro@metronews.ca

A grieving father whose son was stabbed to death following a prom night after-party at an Ottawa hotel says "it's just a matter of time" before justice will be served.

Brandon Volpi, 18, was stabbed in the neck and chest in the early morning hours Saturday during a brawl outside Les Suites Hotel on Besserer Street. The teen was at the hotel with classmates from St. Patrick High School, marking the end of the school year following prom at the National Arts Centre.

Known for never backing down from a fight, he inter-

vened to help a classmate, said Danny Volpi, Brandon's father, on Sunday.

"He stood up for all his friends. They looked up to him, my son, as a big brother," said Danny.

Paramedics rushed Volpi to hospital. He was later pronounced dead, marking Ottawa's third homicide of the year.

"This is Ottawa. You can't get away with this," said Danny, who believes the person responsible for the stabbing will be caught.

Police said Saturday a second male victim was sent to hospital with minor injuries but has been released.

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Man dies on scene of house fire near Carp

Investigation. It's unclear if the blaze and the fatality are linked

Ottawa police and the Ontario fire marshal are investigating a man's death after emergency crews responded to a fire near Carp.

Ottawa Fire Services were called to 170 Grey Fox Dr. at 3:09 a.m. Sunday for a medical call.

On arrival, firefighters found a man without vital signs who was wet and appeared to have been pulled out of the backyard pool by his wife, according to Ottawa fire spokesperson Marc Messier. They tried to resuscitate him but were unsuccessful.

He was pronounced dead on scene by paramedics who also gave him CPR on scene. His identity has not been released by police.

As firefighters responded, they discovered a fire had



A police car sits in the driveway of a residence on Corkery Road where officers are investigating a fire and a man's death.
JOE LOFARO/METRO

started in the basement of the

home. Crews on scene were told the man and his wife had returned home from a night out and the man had retired to an entertainment room in the basement prior to the incident.

The fire was extinguished by 4:09 a.m.

It is not clear if the fire is related to the fatality.

"That's what the police and (Ontario fire marshal) will figure out," said Messier Sunday afternoon. "Nothing about it is leading us to believe there

is anything suspicious. We are just trying to put the pieces of the puzzle together."

Arson investigators are waiting for autopsy results as they probe the fatality and the cause of the fire. The autopsy may tell investigators whether there was smoke in the man's lungs prior to his death.

The fire and smoke caused an estimated \$100,000 in damages to the structure and \$50,000 to its contents.

JOE LOFARO/METRO



Break-in and fire at Barrhaven drugstore

Const. Michael O'Reilly guards the scene where Ottawa police arson investigators are probing a fire at the Rexall Pharma Plus in the Barrhaven Mall Sunday. Police say thieves broke into the store, attempting to break into an ATM inside. Sources say there has been a rash of similar break-ins at Pharma Plus stores across Ontario. MIKE CARROCCETTO/METRO

Crime

Suspect sought in Sandy Hill sexual assault

Police are looking for a man in his early 20s after a woman around the same age was sexually assaulted in Sandy Hill.

Police say the woman was walking on Templeton Street near Sweetland Avenue when she was grabbed by an unknown man and sexually assaulted around 1:18 a.m.

Saturday.

A second man in his early 20s saw the attack and came to the assistance of the victim. The attacker fled south onto Ottawa University property.

He's described as Middle Eastern, six feet tall and 180 pounds with a medium build. He was wearing a collared white shirt and jeans and was in his mid- to late 20s. He had short dark hair and a slight growth of facial hair, and he also smelled strongly of cologne.

Anyone with information

is asked to call police at 613-236-1222, ext. 5944, or Crime Stoppers at 613-233-8477 (TIPS) or toll free at 1-800-222-8477. METRO

Parks Canada

Rideau Canal bridges falling apart, report finds

The Rideau Canal is a UNESCO World Heritage Site, but its picturesque waters flow under troubled bridges.

A newly released report says eight of the 11 historic bridges over the canal in eastern Ontario are in "poor condition or worse."

Timbers have split, trusses are bent, planks are riddled with severe rot, girders are rusted and corroded, and mortar is crumbling. The report did not examine the many bridges crossing the canal not owned by Parks Canada, such as structures owned and maintained by the City of Ottawa.

Parks Canada, which paid Delcan \$79,000 for the visual

checks on the 11 bridges, says such third-party inspections occur every five years.

An agency spokeswoman did not answer directly when asked how much immediate, urgent work had been completed — and for how much money — as recommended by the report.

She said the Feb. 11 federal budget included \$391.5 million over five years for highways, bridges and dams at historic properties and parks operated by Parks Canada across the country.

THE CANADIAN PRESS



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A tank rolls on the beach of Arromanches during a tank parade on Friday as part of D-Day commemorations, as world leaders and veterans gathered by the beaches of Normandy, France, to mark the 70th anniversary of the Second World War's D-Day landings. CLAUDE PARIS/THE ASSOCIATED PRESS

Teacher says trip makes the toughest kids tear up

70th anniversary of D-Day. Students paired with soldier who died in war during sobering historical tour of Europe

In Brent Howard's experience, even teens with a rep for toughness have trembled and wept. None, he reckons, comes away unmoved and unchanged.

Howard teaches business (his training) and history (his passion) at John McCrae Secondary School in Nepean, Ont. He and almost 40 students are touring Europe, where they're among almost 1,000 Canadian students, teachers, cadets and military personnel visiting battlefields and landmarks of the Second World War to commemorate the 70th anniversary of D-Day.

sary of D-Day.

Each group has its own itinerary, developed with EF Educational Tours. All were to assemble Friday for the D-Day ceremonies in Normandy.

The McCrae delegation was to visit Rome, Paris and Florence. But it's in quieter places and their private thoughts, Howard said, that the most profound moments typically occur.

The students and cadets have all been matched with a soldier who died during one of the world wars and is buried in a Canadian war cemetery. Before leaving, they research their soldier's life.

In Europe, they'll have a chance to pay their respects.

"In the classroom, you can give them the name and the numbers and everything else," Howard said. "But this is where that name and number become

a real person.

"When you're standing in front of the gravesite, it's an entirely different experience altogether. I've seen so-called rougher kids shed more than one tear when they're kneeling in front of a vet."

Greg Owen of EF Educational Tours said the pairing program is, in every sense, the heart of the experience.

"When they go to the cemetery, they'll see that soldier's grave, make that connection" with a fallen Canadian who might have been the same age they are now, Owen said.

This is the fourth such trip Howard has arranged with John McCrae colleague Marina Mahoney, whose father fought in Italy. "For her to be walking through the places her dad fought was something else," he said. **TORSTAR NEWS SERVICE**

IN THE MATTER OF THE *TAXPAYER PROTECTION ACT*, 1999 S.O. 1999, C. 7, Sched. A

NOTICE is hereby given that in accordance with clause 4(1)(a) of the *Taxpayer Protection Act*, 1999, ("the Act"), that Andrea Horwath, the Leader of the Ontario NDP/NPD and Kathleen Wynne, the Leader of the Ontario Liberal Party filed statements under subsection 4(1) of the Act with the Chief Electoral Officer.

In accordance with subsection 4(4) of the Act, the Chief Electoral Officer has reviewed the statements and has rendered an opinion that the statements comply with subsection 4(2) and 4(3) of the Act. The opinion of the Chief Electoral Officer may be viewed at: www.elections.on.ca or by visiting the Elections Ontario office at 51 Rolark Drive, Toronto, Ontario.

Dated at Toronto, this 30th day of May, 2014.



Greg Essensa
Chief Electoral Officer
51 Rolark Drive
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Las Vegas. Two police officers and a shopper killed in shooting spree

Two suspects shot and killed two police officers at a Las Vegas eatery Sunday before fatally shooting a third person and killing themselves inside a nearby Wal-Mart, authorities said.

The spree began late Sunday morning when a man and woman walked into CiCi's Pizza and shot at point blank range two officers who were eating lunch, Las Vegas police spokesperson Larry Hadfield said.

The suspects then fled to the Wal-Mart across the street, where they fatally shot a person inside and then killed themselves in an apparent suicide pact, he said.

"I am devastated by the news today of two officers and an innocent bystander who were murdered in an act of senseless violence," Gov. Brian Sandoval said in a statement. "My thoughts and prayers go out to the victims and their families."

One of the suspects yelled,

"This is a revolution," but the motive for the shooting remains under investigation, Hadfield said.

"We don't know anything about the suspects yet and are trying to learn more," Hadfield told The Associated Press. "I think in any case where people are ambushed and shot it's upsetting to the public."

Clark County Assistant Sheriff Kevin McMahon said the male suspect yelled "everyone get out" before shooting at Wal-Mart. The suspects then walked to the back of the store.

Wal-Mart employees and shoppers were taken to a nearby clothing store to be interviewed by police. The restaurant and Wal-Mart remained closed as detectives processed evidence.

McMahon said the investigation is "very complex" because it involves more than 1,000 witnesses.

THE ASSOCIATED PRESS

Inmates flee Quebec jail in helicopter

Brazen jailbreak.

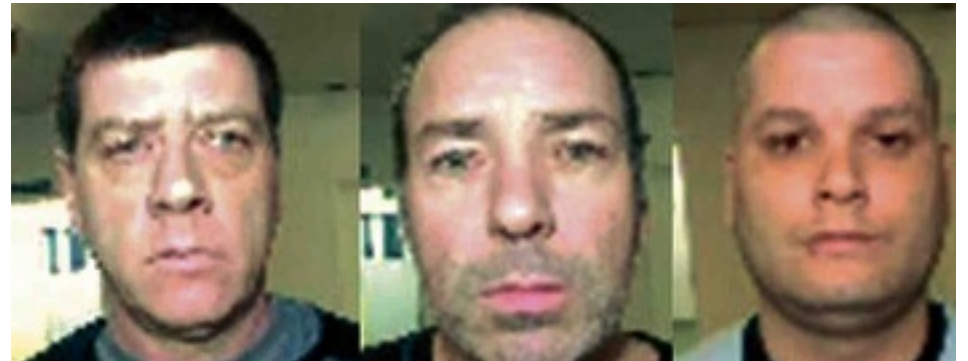
Police on alert across Canada and abroad for inmates who escaped in helicopter that landed in courtyard

The search widened Sunday for three Quebec inmates facing murder charges who used a helicopter to make a brazen escape from jail a day earlier.

Authorities were put on alert across the province, in the rest of Canada, and in the United States, according to Quebec provincial police.

"We have co-operation with all the police forces across the country and abroad also," said Sgt. Gregory Gomez.

"We have many, many officers who are scattering all the areas possible. Investigators are, of course, checking every



Denis Lefebvre, 53, left to right, Serge Pomerleau, 49, and Yves Denis, 35, are shown in police handout photos. The inmates escaped from the Orsainville Detention Centre in Quebec City Saturday. SURETE DU QUEBEC

lead."

Police were reluctant to provide many details about their investigation for fear the escapees could be monitoring media reports. The escapees were identified as Yves Denis, 35, Denis Lefebvre, 53, and Serge Pomerleau, 49.

The men fled from the Orsainville Detention Centre

barbed wire in suburban Quebec City around 7:45 p.m. with the help of a helicopter.

The facility is lined with barbed-wire fencing and features a watch post.

The chopper landed in a courtyard of the detention centre then quickly took off again heading west, police said.

It's the second helicopter

jailbreak in the province in 15 months.

The three men were being held at the detention centre waiting to stand trial. It was not immediately clear what charges they were facing.

The suspects hadn't been apprehended by press time Sunday.

THE CANADIAN PRESS

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TIM HUDAK IS THREATENING OTTAWA

Tim Hudak boasts about getting Ontario working.
But here in Ottawa he plans to eliminate **11,159** workers,
boosting local unemployment by up to **1.9%***.

TIM HUDAK'S PLAN:

**"More extreme
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years"**

Toronto Life

"Quite bogus"

iPolitics.ca

**"Incredibly
stupid"**

The Telegram

**"Radical and
rash"**

Globe & Mail

**"Don't match
their numbers"**

Ottawa Citizen

**"Harris on
steroids"**

Waterloo Region Record

Working families in our community will pay the price for Hudak's plan to give tax breaks to big business. One in six public sector jobs will be lost, many in healthcare and education.

Our family, our friends, our community are all at risk.

Can we really trust Tim Hudak and the Ontario PCs?



Gunmen storm Jinnah airport; 13 dead

Pakistan's fragile security. In a separate incident suicide bombers killed 23 Shiite pilgrims as they returned home from Iran

Gunmen disguised as police guards stormed an airport ter-

minal used for VIPs and cargo at Jinnah International Airport in Pakistan's largest city Sunday night, killing at least 13 people as explosions echoed into the night, officials said.

Militants stormed the airport before midnight Sunday and battled for roughly five hours with authorities.

Meanwhile, suicide bombers in southwestern Pakistan killed 23 Shiite pilgrims re-

Airport siege lasted 5 hours

"I was working at my office when I heard big blasts — several blasts — and then heavy gunshots." Sarmad Hussain, a Pakistan International Airline employee.

turning from Iran in a separate incident, underscoring how

fragile security is in Pakistan. The attack occurred at a hotel in the town of Tufan near the Iranian border.

The airport attack was a serious security breach in the country's biggest city.

Heavy gunfire and at least two large explosions could be heard coming from the terminal at Jinnah International Airport as authorities scrambled to secure the area.

Dr. Seemi Jamali from Jinnah Hospital in Karachi said nine bodies had been brought to the hospital at the time she was interviewed.

The doctor said seven were from the Airport Security Force personnel, one was an employee of the Civil Aviation Authority and another was from the state-run Pakistan International Airlines.

Gunmen attacked the ter-

minal late Sunday, said Shaukat Jamal, a spokesman for the Airport Security Force.

A major fire rose from the airport with the silhouette of jets seen. Officials said the Pakistani military had been called in and police were fighting the attackers as well. After five hours the siege was over. Authorities seized four machine-guns and a rocket launcher.

THE ASSOCIATED PRESS

Remote area. Deadly flood in mountainous northern Afghanistan

More than 80 bodies have been found after a devastating flash flood in Afghanistan's mountainous and remote north, a provincial official said Sunday, as police and villagers scoured the rugged terrain for missing people.

Lt. Fazel Rahman, the police chief in the Guzirga i-Nur district of Baghlan province, said the death toll from Friday's flash flooding had climbed to 81 from 54. The flood destroyed some 850 houses across several villages and damaged more than 1,000, leaving thousands of people in need of shelter, food, water and medicine, Rahman said.

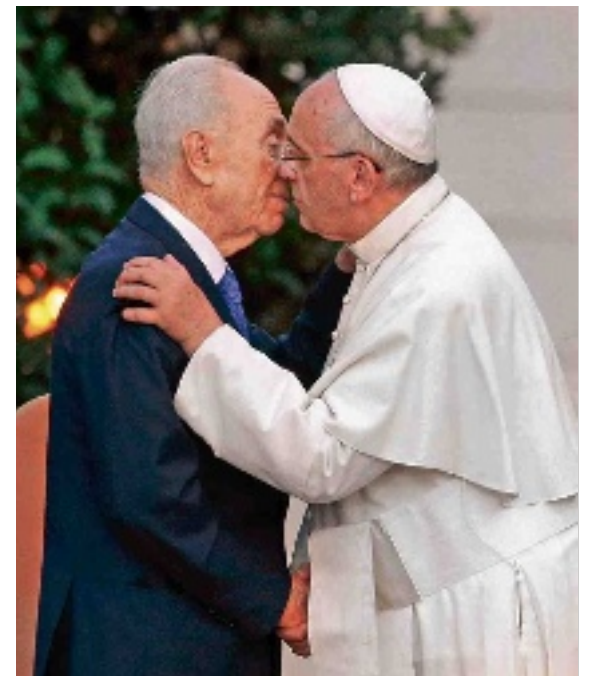
Local resident Sahib Nazar

openly wept while recounting his own family's losses.

"I have lost everything, my parents, my wife and five children," he said. "I have buried my mother, wife and three of my children, but (am still) looking for my father and two other children's bodies."

Afghans living in the northern mountains have largely been spared from the country's decades of war, but are no strangers to devastating natural disasters. Last month, a landslide triggered by heavy rain buried large sections of a remote village in the northeastern Badakhshan province, displacing some 700 families.

THE ASSOCIATED PRESS



Blessed are the peacemakers

Pope Francis and Israel's President Shimon Peres greet each other during an evening of peace prayers with Palestinian President Mahmoud Abbas, in the Vatican gardens on Sunday. Pope Francis waded into Mideast peace-making weeks after the last round of U.S.-sponsored negotiations collapsed. **GREGORIO BORGIA/THE ASSOCIATED PRESS**



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FOOTBALL FEVER TAKING HOLD

The wait is almost over. The 2014 FIFA World Cup kicks off Thursday and to get you in the game, Metro has you covered with the latest from Brazil.

World-class dollars for dream team

If money were no object, what would the dream team with the costliest World Cup players look like? Just shy of a billion dollars to be precise (\$900.8M).

Here is the dream team formed of World Cup players with the highest market values, according to football information website Transfermarkt (based on 4-3-3 team formation):

In goal, Bayern Munich's Manuel Neuer comes out on top. At \$52.1M, he tops the likes of Spain's Iker Casillas and Italy's Gianluigi Buffon.

Top defenders include Spain's Sergio Ramos and Brazil's Thiago Silva, both

priced at \$80.7M. They would be accompanied by German captain Philipp Lahm (\$43.7M) and Brazil's Marcelo (\$37M).

Top playmakers to stalk the midfield are Spain's Andrés Iniesta and Germany's Mario Gotze, both worth \$80.7M. Spanish midfielder Cesc Fàbregas completes the trio, with a value of \$74M.

A deep wallet, though, is certainly required to secure solid strikers/forwards. In this case, Lionel Messi, arguably the greatest player on the planet, has a handsome fee of \$178.2M. His La Liga rival Cristiano Ronaldo stars with \$148M. Brazil's Neymar comes in with a price of \$88.8M.

EDGAR SÁNCHEZ/FOR METRO

Animal crackers and best bets

Paul the Octopus (God rest his soul) stole all the headlines in South Africa 2010 for his incredible knack for correctly predicting match outcomes.

Paul was given two different glass cases filled with mussels, each with the flag of a football team. He would then decide the outcomes of the match by which box he ate the food from. In the 2010 World Cup, Paul went eight for eight in his match predictions, including his correct picks in the final and third-place playoff. Here are some other critters keen to follow in Paul's tentacles for the World Cup in Brazil:

The Giant Panda Rescue and Disease Control Center in Dujiangyan, China, have selected two of their offspring to be Paul's heirs. But instead of reaching for mussels, these pandas would have to select between two trees to climb.

In Euro 2012, Krakow-based Citta the elephant forecasted that hosts Poland would beat



Greece in the opening game. Unfortunately for Citta, the group game ended in a draw. Last year, Germany-based Nelly correctly chose Bayern Munich to win the 2013 Champions League final.

Fred the ferret from Kharkov in eastern Ukraine tried to guess who's going to win matches by choosing food from plates carrying flags of the competing teams.

Kyiv's psychic pig Funtik was busy predicting results in Euro 2012 before a topless protest by Ukrainian feminist group Femen startled the swine. **EDGAR SÁNCHEZ/FOR METRO.**

PHOTO: THE ASSOCIATED PRESS

Subway strike threatens start to World Cup

Subway workers have entered the fourth day of a strike that has interrupted service at more than 30 stations in the city that hosts the World Cup opening match on Thursday.

Sao Paulo's metro system workers are demanding a salary increase of more than 12 per cent, but the company says that kind of raise isn't possible because fares haven't gone up in the past two years.

A labour court was expected to rule Sunday on whether the strike is legal. **THE ASSOCIATED PRESS**

THE WORLD CUP IN NUMBERS

13

Number of teams that took part in the first FIFA World Cup in 1930.

64

Number of matches to be played.

12

Number of host cities they will be played in.

2

Number of World Cup goals Germany's Miroslav Klose needs to score to beat the current record of 15, held by Brazil's Ronaldo.

67

Number of World Cup matches won by record-holders Brazil, who also hold the record for most games played (97).

113

Number of cards given to Argentina during World Cup matches, the most of any team (103 yellow, 1 second yellow, 9 red).

32

Number of teams taking part, including first-timers Bosnia-Herzegovina.

3.7M

Number of people expected to travel around Brazil during the World Cup.

2,000

Tweets-per-second during the last 15 minutes of the 2010 World Cup Final, up from a regular rate of 750 TPS.

192

Length in miles of the longest traffic jam ever recorded in Sao Paulo, in November 2013.

73,531

Capacity at Brazil's biggest stadium, Estadio do Maracanã, home to two local football clubs, Flamengo and Fluminense.

6.3M

Population of Rio de Janeiro, where the final will be held.

1.4M: Population of Rio de Janeiro's favelas, accounting for 22% of the city's total population.



\$440

Official starting ticket price for the World Cup final
\$6,000: Stubhub starting ticket price for the World Cup final.

\$15

Starting ticket price for a group game, for Brazilians.
\$90: Starting ticket price for a group game, for everyone else.

\$11B

Cost of the 2014 World Cup according to the Brazilian government, making it the most expensive to date. South Africa spent \$4 billion in 2010, Germany spent \$1.6 billion in 2006.

4

Hours per day the average Sao Paulo motorist spends in traffic jams.

5.8

Brazil's average annual coffee consumption per person, in kilograms (13th highest in the world).

\$3.03B

Estimated revenue generated by World Cup-related tourism.

600,000

Number of foreign visitors expected for the World Cup.
55,400: Number of hotel rooms in Rio de Janeiro.

\$460

Average cost a night of a Rio hotel room during the World Cup.
\$100: Average cost a night of a private room in a Rio favela during the World Cup.

46.4%

Percentage of the world's population, or 3.2 billion people, that tuned in to the 2010 World Cup from home.

\$7.6B

Amount the 2010 World Cup cost the British economy in lost productivity. The U.S. lost \$121.7 million.

6

Number of cities hosting World Cup games that are on the world's 50 most murderous cities list. They are Fortaleza, Natal, Salvador, Manaus, Recife and Belo Horizonte.

32

Average high temperature (Celsius) in Manaus in June, with up to 99% humidity. Manaus will host 4 games in June, including England vs. Italy on June 14 and United States vs. Portugal on June 22.



Mutual fund success is relative



HOW TO ROLL
Alison Griffiths
metronews.ca

"My mutual funds have been doing great!" extolled a visiting relative, eager to gloat. She pulled out a recent statement and pointed to the six funds in her portfolio.

Based on her initial purchase price and also the average purchase price over time, she is definitely making money. However, my relative certainly didn't have enough information to declare them great.

What was missing? In a word, comparison. Just because a mutual fund cost \$10 a unit a year ago and is now trading at \$12 (a 20 per cent increase) doesn't mean that the fund is standing on top of the heap.

All her funds are issued by Scotia Asset Management, which is part of Scotiabank

Online

Want to compare mutual funds? go to Morningstar Canada: morningstar.ca



where my relative opened her RRSP. One of the funds is called Scotia Canadian Balanced. Just for fun, I decided to take a look.

Despite the name, it has more than 23 per cent invested outside the country. That's not a problem, but a key fact when assembling a portfolio.

My relative started buying the fund in 2011 and it has been trending steadily upward ever since. So far, so good. Now to the comparison.

Morningstar Canada gives this fund one star out of five. Oops. Over three, five and 10 years it has been in the bottom 12 per cent or so

of similar funds.

It also lags far behind the benchmark index. Every fund is compared to an index and every fund manager wants to beat that benchmark. In this case, the comparable index is the Morningstar Canadian Neutral Balanced Index.

Over 10 years, the Scotia fund has produced an average annual return of just over four per cent. But the average of its peers, or the category average, is almost six per cent. And the average index return for the same period is nearly 7.5 per cent annually.

(These returns take into account dividends and interest.)

So, while this fund has made money for my relative, it is far from being one of the top performers. The lesson is this: You can't know if a fund is good or bad until you have the comparative figures.



It's do-or-die time for World Cup advertisers

In late 2013, Brazilian soccer player Anderson Hernandes de Carvalho Viana Lima (known as simply Hernanes) holds the 2014 World Cup official soccer ball. The competition on the pitch has yet to start, but the fight over World Cup consumers is already intense — and no more so than between the athletic companies that are jockeying for their once-every-four-years shot at the ever-growing global soccer market.

THE ASSOCIATED PRESS FILE

Pay, perks and prestige

Sitting in a kitchen stocked with free food, a handful of 20-something Google summer interns weigh their favourite perks, but where to begin? With bikes, buses, massages, swimming pools, dance classes, nap pods, parties and access to their tech heroes, it's a very long list.

"Unlimited sparkling water?" someone says.

In the end, however, the budding Googlers are most ex-

cited about the work.

With summer's arrival comes an influx of thousands of Silicon Valley interns. Well-paid and perked, young up-and-comers from around the world who successfully navigate the competitive application process are assigned big-time responsibility at firms such as Google, Facebook, Dropbox and Twitter.

Silicon Valley tech firms pay their interns more than any other sector in the U.S., accord-

ing to a Top 25 list of 2014 intern pay by online career website Glassdoor.

Palantir Technologies, a Palo Alto-based cybersecurity firm, topped the list with \$7,012 US average monthly base pay. Also on the list: Twitter, LinkedIn, Facebook, eBay, Google and Apple, all of which pay more than \$5,000 a month, or \$60,000 annually if these were full-time jobs.

THE ASSOCIATED PRESS

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OTTAWA COMES THIRD IN RAT RACE

The sufferings of Orleans and Kanata commuters get statistical acknowledgement in a survey by GPS maker TomTom, which rates Ottawa the third-worst congested city in Canada, behind Vancouver and Toronto.

TomTom crunched customer data to assign us a 26 per cent congestion rate — the extra time traffic adds to our commute, compared to an average rate in the Americas of 20 per cent.

Rush hour (surprise) is worse, with 48 per cent congestion during the morning rush and 61 per cent after work thanks to the other motorists in your way.

Of course, you're in their way, too. "You're not in traffic; you are traffic," reads the irritating bumper sticker on the car ahead of you.

With some marketing moxy, maybe we could make a tourist draw out of our status as Canada's third greatest natural source of traffic jams: Come for the beavertails, stay because there's no escape.

The study also finds that attempts to dodge traffic turn out to



URBAN COMPASS
Steve Collins
ottawa@metronews.ca

be long cuts rather than shortcuts, actually adding more time to the trip. I bummed a ride home the other night and in the midst of giving directions, realized both the main streets and our alternate route were dug-up obstacle courses of orange pylons.

TomTom's recommended congestion solution is real-time data on traffic to help drivers stay out of the worst jams, coincidentally a feature of the products they sell.

Others are worth trying. Calgary and Edmonton both have comparable populations to ours but less congestion — and light rail. We're working on that, but during the transition, west-enders and commuters alike are dreading the shutdown of the Transitway, which will pour more buses onto the streets.

While TomTom bills its own study as "the most accurate and comprehensive barometer of major traffic congestion in major cities all over the world," some critics argue that it's skewed against more compact cities with shorter commutes, as every

minute's delay counts proportionately more heavily against a shorter trip than it does in sprawling metropolises where your commute eats over an hour regardless of traffic.

And a little perspective is in order. Add U.S. cities to the equation, and Ottawa's only number 8 on the congestion hit parade. In all of the Americas, we drop out of the top ten to number 12.

Even Los Angeles, the gold standard in North American traffic torment at 36 per cent congestion, drops to number four behind constipated Rio de Janeiro (55), Mexico City (54) and Sao Paulo (46). Globally, LA drops to number 8, behind such world-class messes as Moscow (74) and Istanbul (62). Ottawa's quaint little gridlock is decidedly outclassed. And what if congestion, despite all the wasted time and energy, the idling assault on our air quality and sanity, is actually its own solution?

In Green Metropolis: Why Living Smaller, Living Closer, and Driving Less Are the Keys to Sustainability, author David Owen suggests just such a paradox: "Traffic jams are actually beneficial, environmentally, if they reduce the willingness of drivers to drive and, in doing so, turn car pools, buses, trains, bicycles, walking and urban apartments into attractive options."

In other words, maybe we have to ruin our commute to save it.

WE ACT: CANADA DOES GOOD

Volunteer's advice: 'Doing things for people is what really counts'

Each month, we profile a Canadian who's up to a whole lot of good. Here's one we'd like you to meet:

Who: Hector Marois, a volunteer with Unit 9Y, a short-term palliative care unit at the Covenant Health Edmonton General Continuing Care Centre

Why: "(Volunteering) is a privilege. If it's something you can do, you will get such a blessing out of just doing the little things. Doing things for people is what really counts."

What: Hector's lifelong passion for volunteerism began more than 25 years ago when his wife's aunt was in the hospital. Every evening for years, he would visit her to help with her supper, befriending other patients and their families as he came and went. When she passed away years later, the desire to help had become a part of him. Now he spends five days a week volunteering at Unit 9Y, delivering breakfast trays to patients, helping new patients and their families learn about services they can access, and being a friend to help with the little things to offer comfort where he can. However, each year he does take one week off — to volunteer as camp director for senior citizens.

What does your average day



Hector Marois volunteering as Santa Claus. CONTRIBUTED

Day in the volunteering life



"Sometimes I just sit with them and hold their hand. They may not respond, but they just feel the comfort that somebody is there with them in the room."

Hector Marois

look like?

"I sometimes take people for a ride in their wheelchair or a walk outside.... Sometimes I

sing to people! I'm not a singer but I do a little singing with them. Sometimes I even get to pray with them and that's wonderful."

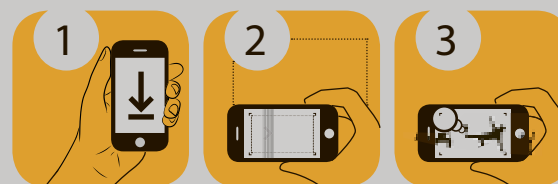
What's your favourite story from your time as a volunteer?

"Have you got all night? There's a thing that we do, both my wife and I, at Christmas time. We visit about 13 different units in the hospital as Mr. and Mrs. Claus. My wife stands by the phone and if there are any little children in, she will call me and I let the children talk to Mrs. Claus up at the North Pole."

CRAIG AND MARC KIELBURGER

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In this issue, you can find AR enhancements on page 18 in Sports

MetroTube

Never missed a beat

REBECCA WILLIAMS
readers@metronews.ca

Playing frisbee takes a certain amount of skill and co-ordination. It is a flying disk headed straight towards your head, after all. What else takes a certain amount of co-ordination? Playing drums. There are sticks and pedals to keep straight, while somehow keeping the beat steady for everyone else.

Sure, they don't seem related, but when Weezer drummer Patrick Wilson put these two together at a recent show in Florida, he may have just started a new trend. Scan the photo with your Metro News app to watch a video of Wilson's nifty trick. Anyone up for a game of Drumbeeing? (@lindsayhxo/Instagram)



ETHAN MILLER/GETTY IMAGES

Future's feeling timeless with a disc full of 'classics'

Forward thinking. Atlanta rapper never said he was humble, just that he was Honest

NEIL
MARTINEZ-BELKIN
Metro World News

Future has only been on tour a short while, but it's already taking a toll on him. "It's really ripping my voice apart," he croaks through the phone while en route from Detroit to a show in Rochester, New York last week.

Future's hoarse pipes are not the only concern on his mind. The 30-year-old Atlanta rapper says being on tour is also doing a number on his heart.

"Yeah, I want to be home with my son," he says of the boy that his famous fiancée Ciara gave birth to three weeks ago. "But this is just something I have to do at this time."

The 45-date tour, which will keep him away from home until mid-July, is in support of Honest, his sophomore LP, which arrived in March via Epic Records. Powered by the hypnotic posse cut Move That Dope, and I Won, which features Kanye West, Honest is



Future is currently on tour in support of his latest album, Honest. GETTY IMAGES

Future's most well-rounded body of work to date. Its songs transition seamlessly between curbstomping street anthems and earnest moments of reflection, all through Future's signature autotune-filtered vocals.

This isn't necessarily new territory for Future, who took a similar approach on his

2012 debut Pluto, but now he seems to have mastered the formula. And he's not shy about his achievements.

"I knew I could make hit records, but I wanted to make sure I had a complete album," he says, "And sequencing the album was a really big part of that. Honest is a timeless album. People are going to

look back like, 'Man, he had so many classics on there.'"

Future says fans will witness the full range of his talents when he takes the stage, performing his classic mixtape cuts in addition to songs off the new album. He got a taste of life on the road, warming up crowds on last year's Would You Like a Tour? tour with Drake, who also guests on Honest.

"I know every market now, and I know what each one wants to hear," says Future. "It's going to be a party more than a concert, and I'm just going to hit them with jam after jam. Smash after smash."

Honest also features bold-faced guest spots from the likes of Andre 3000, Pharrell, Wiz Khalifa, and Lil Wayne, but one of the clear highlights is the Metro Boomin-produced I Won, where Future and Kanye West trade verses about their celebrity fiancées (or then-fiancées), Ciara and Kim Kardashian.

Future and Ciara were unable to attend the high-profile nuptials of Kimye in Florence earlier this month, though he says they'll certainly get the invite to his own upcoming wedding.

"Of course they will," he laughs. "They invited us, but I was on tour and with the baby. We just couldn't make it. But congrats to Kanye, man."

Canadian dates

Future's current tour will head to Canada starting July 4. Check out futurefreebandz.com for more info.

Ebooks



Maleficent: The Official Multi-Touch Book

By. Walt Disney Studios

iBooks



MIND THE APP

Kris Abel
@RealKrisAbel
scene@metronews.ca

A refreshing acknowledgment of the fairy tales behind Walt Disney films, this Maleficent tie-in includes a copy of Charles Perrault's 1697 version of Sleeping Beauty and a timeline going back to the original 1330 tale, Perceforest. Galleries, pop-up facts, and videos reveal the wizardry of effects and characters used to develop a villainous backstory for Angelina Jolie to revel in.

Box office

The Fault in Our Stars trounces Tom

With a \$48.2 million US debut, the young-adult romance The Fault in Our Stars thumped the Tom Cruise action film Edge of Tomorrow at the weekend box office. According to studio estimates, Fault easily topped the big-budget Edge of Tomorrow, which took in \$29.1 million. Despite good reviews, the sci-fi thriller was no match for the highly anticipated adaptation of John Green's popular book.

THE ASSOCIATED PRESS

If I do say so myself

"People are going to look back like, 'Man, he had so many classics on there.'"

Future
on his new album

ARCHANGEL

REAL TESTIMONIAL

FINALLY, after so many years I can say I'm happy again. So many years, my life was all problems or ailments, something was always wrong. Tired, I heard about you and visited you and you showed me the bad energy that had been in me for so long and was transferred to my kids, and that was the reason of my misfortunes. Thank!

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Nobody took a wrecking ball to Miley's stolen Maserati



STARGAZING
Malene Arpe
scene@metronews.ca

Miley Cyrus's stolen Maserati has been found and police say they're looking for a white male in his early 20s wearing skinny jeans. Whew. Guess Justin Bieber is off the hook this time.

James Middleton, brother of Kate Middleton, has a brand-new business printing Instagram images on marshmallows. He was going to get into making boats for cats, but Britney Spears' sister

had that market cornered. Charlie Hunnam says it was a "heartbreaking choice" to quit *Fifty Shades of Grey*. And by "heartbreaking" he means "Woo-hoo! Who's the man? Hell yay!"

Gangnam Style reaches 2 billion YouTube views. My mom finally got around to watching.

What makes you feel worse about your life and human life in general? Selena Gomez putting her "starter home" up for sale for \$3.4 million, a new show called *I Slept With a Celebrity*, or Katy Perry releasing *Royal Revolution*, a fragrance that "is about female empowerment and breaking the rules" and contains blackthorn because it "was known in the Dark Ages for having magical powers."



Trucker charged in crash that left Tracy Morgan in critical condition

Actor and comedian Tracy Morgan and two members of his entourage were in critical condition Sunday, a day after a tractor-trailer rammed into his chauffeured limousine bus, setting off a deadly chain-reaction pileup.

The former *Saturday Night Live* and *30 Rock* cast member was returning from a standup comedy show in Delaware early Saturday with six others when the limo bus overturned on the New Jersey Turnpike near Cranberry Township, killing Morgan's mentor and fellow comedian James "Jimmy Mack" McNair. A Wal-Mart truck driver was charged with death by auto and four counts of assault by auto.

Jeffrey Millea, 36, of Shelton, Conn., and comedian Ardie Fuqua Jr., 43, of Jersey City, were listed in critical condition along with Morgan at Robert Wood Johnson Hospital, hospital spokeswoman Zenaida Mendez said Sunday. Another comedian, Harris Stanton, was treated and released from the hospital Saturday.

The truck driver, 35-year-old Kevin Roper of Jonesboro, Ga., apparently failed to slow



Tracy Morgan

for traffic ahead and swerved at the last minute to avoid a crash, the Middlesex County Prosecutor's office said.

Instead, the big rig smashed into the back of the Mercedes limo bus, prompting a chain-reaction crash with a second tractor-trailer, an SUV and two cars, authorities said. No one in the other vehicles was injured.

So far, there is nothing to suggest Roper fell asleep or was dozing, state police Sgt. 1st

Class Greg Williams told The Associated Press.

Roper, accompanied by his attorney, turned himself in to state police. He was released on \$50,000 bail Saturday night, Wal-Mart spokesman David Tovar said Sunday.

Wal-Mart president Bill Simon said in a statement that the company "will take full responsibility" if authorities determine its truck caused the accident. **THE ASSOCIATED PRESS**

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Practise safe shopping with a credit condom or debit dinger

Keep impulse buys at bay. Much like, ahem, another fun activity, hitting the mall is better when you do it with protection



GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Have you ever wondered if *how* you pay for something affects how *much* you're willing to spend? Is it harder to part with cash than to slide your credit card through the machine? You betcha!

A study fittingly entitled *Monopoly Money in the Journal of Experimental Psychology* reveals that shopping with cash discourages spending, while using credit or gift cards actually encourages it.

Researchers Priya Raghubir (New York University) and Joydeep Srivastava (University of Maryland) say that "using a less transparent form of payment, such as a credit card or a gift card, lowers the vividness with which one feels that one is parting with real money, thereby encouraging spending..."

If you did not have access to credit of any kind — no credit cards, no line of credit, no overdraft protection, no loans — would you be as willing to drop gobs of your hard-earned money on stuff knowing full



Don't think Gail doesn't see that look in your eye. She knows you've got a case of the gimmes. ISTOCK

well you wouldn't be able to pay the rent or mortgage? Or is it the fact that you can defer feeling the pain of payment that lets you convince yourself that you can have that shiny new somethin'-or-'nother?

I've worked with a lot of people who whine about how much debt they have. They sigh despondently when they consider that they may never shake free of the burden. But those same people are quite

willing to swipe their cards to buy a snappy new pair of sunglasses.

People are always promising themselves that they will stop using their credit cards until their debt is paid off. In the end they're left with a trail of broken promises. If you're prone to forgetting the reality of your financial circumstances when the gimmes grab you, this next idea is for you.

Make yourself a credit card

condom, and every time you pull out your credit card you'll be reminded of what you're doing relative to your current financial situation.

What's the magic? A credit card condom is an envelope into which your card slips snugly, which carries a pertinent message to stop you from going further into debt. If you've ever stayed in a hotel, it looks a lot like the sheath they slip your room key-card into. But instead of a logo, your credit card condom will carry a message designed to make you stop and think:

- Do you have the money to pay this purchase off in full when the bill comes in?

- You already owe \$2,500 on this card.

- Is this a need or a want? You'll have to come up with a message that works for you. Perhaps it's a message that reminds you of your goals.

- You're trying to save \$2,600 for that trip down south next winter. Will buying this (whatever) get you closer to that goal?

- You're setting up an RESP. Spend now, or use this money to prepare Baby Kris for the future!

- You want to be debt-free in nine months? Instead of buying this, make a payment on your debt!

You can also make your credit card condom something you can use to track how you're doing. Let's say you decide you want to have \$1,000 saved for an emergency by the end of the year. Write

Worth 1,000 words

If you need more of a reminder than words provide, create a credit card condom or a debit dinger with a picture of whatever it is you're trying to achieve: A picture of a beautiful house if you're saving for a down payment, a picture of a gorgeous beach if you're setting aside money for a vacation, or a picture of your son or daughter if you're trying to build a school fund.

your goal on your credit card condom. Each time you choose not to spend money on the card, move that money to your emergency fund and add it to your total on your credit card condom.

While you're at it, make yourself a debit dinger (Australian for condom) into which you can slide your debit card so that each time you pull it out to make a purchase you're reminded of something that is more important than blowing bucks on bull.

The point of the credit card condom or debit dinger is to keep you conscious of what you're trying to accomplish so the numbing out that comes with using plastic doesn't happen to you. It will help you to fend off the impulsive purchases by reminding you about what's really important to you. It's shopping with protection!

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Want a happy marriage? Catch Zs together

Synchronized sleep. Women who snooze at the same time as their sweetie are more blissful

Whether or not a couple is able to synchronize sleep patterns may be linked to a wife's satisfaction with the marriage, according to a small new study.

"Most of what is known about sleep comes from studying it at the individual level; however, for most adults, sleep is a shared behaviour between bed partners," said lead author Heather Gunn of the Sleep Medicine Institute at the University of Pittsburgh. "How

couples sleep together may influence, and be influenced by, their relationship functioning."

Researchers tracked the sleep patterns of 46 couples over a 10-day period. Each participant was asked to assess their relationship.

Results showed that couples were awake or asleep together an average of 75 per cent of the time, and that number increased with the wives' level of satisfaction.

"The sleep of married couples is more in sync on a minute-by-minute basis than the sleep of random individuals," said Gunn. "This suggests that our sleep patterns are regulated not only by when we sleep, but also by with whom

we sleep."

Indeed, in 2010, Wendy M. Troxel, assistant professor of psychiatry at the University of Pittsburgh School of Medicine, completed a study that found the presence of a partner indicated better sleep quality for women.

The following year, Troxel embarked on research that found that negative interactions between couples were more likely to occur as a result of poor sleep on the part of the woman rather than the man.

"Wives who took longer to fall asleep the night before reported poorer marital functioning the next day, and so did their husbands," said Troxel.

AFP



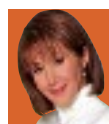
His snoring could be wrecking your marriage. Research found that couples reported less marital satisfaction the day after wives tossed and turned. ISTOCK



**COOK
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ABOUT 20
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This recipe serves six. ROSE REISMAN

Take the turkey burger with the sweet mango salsa



ROSE REISMAN
For more, visit
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FLASH FOOD



From your fridge
to your table in
30 minutes or less

Everyone loves a great burger during the summer months, especially when made on the barbecue. But excess beef is not great for your waist or your heart. I love to use ground chicken or turkey for my burgers.

Ground turkey is one of the leanest meats for a burger. Four ounces (125 g) of white ground turkey has only 120 calories, 1 gm of fat and 28 gm of lean protein. By comparison, ground beef has over 200 calories, 13 grams of fat and only 20 grams of protein. The key is to cook

your turkey completely to 165 F. Since there is not a lot of fat in turkey, be careful of over-mixing the ingredients, which will toughen the meat.

The mango salsa is a great garnish over these burgers. It's fresh and sweet and complements the turkey so well. Select a ripe, softer mango for the best flavour. I prefer the Indonesian mangoes, which are smaller and sweeter.

Directions

1. To make the burgers: In a skillet, add oil and onions. Sauté on medium heat until tender, about 5 minutes.

2. Place turkey in a bowl, add sautéed onions, garlic, barbecue sauce, egg, bread crumbs, and salt and pepper and form into 6 burgers. Grill or sauté just until cooked to 160°F (about 15 minutes).

3. While the burgers are cooking, combine the mango,

Ingredients

- 2 tsp vegetable oil
- 1 cup diced onions
- 1 1/2 lb ground turkey
- 2 tsp crushed garlic
- 3 tbsp barbecue sauce
- 1 egg
- 1/4 cup seasoned dry bread crumbs
- pinch of salt and pepper

Mango Salsa

- 1 1/2 cups finely diced mango
- 3/4 cup finely diced red bell pepper
- 1/2 cup finely diced green bell pepper
- 1/2 cup finely diced red onion
- 1/4 cup chopped cilantro
- 1 tbsp freshly squeezed lemon juice
- 2 tsp olive oil
- 1 tsp minced fresh garlic

red and green peppers, onion, cilantro, lemon juice, oil, garlic in a bowl. Mix thoroughly. Serve the burgers with the salsa spooned on top.

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Some of the most successful women in the communications field gave us their best advice for making it in the industry at the 2014 Matrix Awards.

METRO WORLD NEWS IN NEW YORK CITY

Queen Latifah: Musician, actress and TV host

Did you overcome any struggles in your career because you are a woman?

It was a male-dominated field, so I had to make a name for myself as a woman in hip hop. And even then the record labels wouldn't spend as much money on marketing female rappers as they did on male rappers, so that was another hurdle we had to overcome. It really just made me want to create my own company and not have to work for anyone and be my own boss. I was fortunate to partner with a male, a guy who is the right side of my body. If you see him, you basically see me, too. We respected each other's dreams and goals and supported each other. It should never be an anti-guy thing, but we have to, as women, be pro-woman.



5

Pointers from powerful women

Jane Mayer: Journalist for The New Yorker

What advice can you give to women who want to succeed in their careers?



Try to define it the way you want it to be. Don't take no for an answer. Look for work you love and then try to shape it the way you want it to be. It takes a lot of pushing back sometimes. But when my daughter was really little, I managed to work part-time by just kicking and screaming and just saying I needed to spend some time with her. And I really am glad I did that, and yet I wouldn't give up my job at the same time. So I just say: Fight really hard for what you want. Define it in your own mind and then fight for it.

Gloria Steinem: Journalist and activist

What advice were you given that you found useful?

I guess it comes under the general heading of 'Do it anyway.' You're not supposed to go to India by yourself at age 22 when you don't know anybody there, but do it anyway. You're not supposed to have your own byline or write a particular kind of piece, but do it anyway.



Dylan McGee: Founder and executive producer of MAKERS: Women Who Make America

Did you have any struggles to overcome in your career because you are a woman?

I think the biggest struggle I had to overcome was myself, knowing that I had a voice. I was afraid. Did my opinion matter? It took me some successes in my career to have that confidence — and I could have saved a lot of years in my career if I had spoken up 10 years ago.



Mary J. Blige: Singer

What advice can you give to women who want to succeed in their careers?

I would definitely say that you have to believe in yourself. And you have to believe in yourself more than anyone else does. Don't be afraid to be honest with yourself about what you can and can't do. It will work for you at the end of the day. The self-love thing is not cliché. It's real! If you don't have it, you will not survive.



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Change your attitude, change your office

Watercooler wellness.

Unless you're a CEO, you can't pick the people you work with, so use these tips to create peace in your professional life

GABRIELLE
BERNSTEIN

Metro World News

Working with others can be a lot of fun, but it can also be your chief source of stress. The fact is, most of us were never taught the art of healthy collaboration, so navigating working relationships can be tricky.

In any collaboration, you're dealing with different personalities and energy. When your energy doesn't flow with someone else's, getting even simple things done can be a massive struggle.

Throughout my career as an entrepreneur, I've worked with many different vendors, agents, assistants and clients. Sometimes the relationships seem to



When you can accept that everyone is fighting their own tough battles, you can show up to the office with more compassion. ISTOCK

flow naturally, but in other instances it's been tedious and trying.

It's important to me to have a more efficient and

peaceful work life, so over time I've developed and committed to some key best practices.

If you struggle to get along with your co-workers, clients or other colleagues, follow these three guidelines.

They're guaranteed to change the energy, increase your productivity and keep the peace.

It's not about you

Everyone comes to work with his or her own baggage. People show up to the office with neuroses dating back to childhood; fighting their own fear-based stories and limiting beliefs.

No matter how much personal-growth work someone has done, they're still clearing old beliefs and behaviours. Therefore, it's

essential not to take other people's personalities to heart. Their issues truly are not about you.

Focus on what you can give rather than what you can get

When you enter into any

They are who they are

"No matter how much personal-growth work someone has done, they're still clearing old beliefs and behaviours."

Gabrielle Bernstein

kind of work relationship (whether with a boss, a client, a co-worker or someone you're negotiating with), showing up with a service mentality has a powerful influence on your behaviour and the outcome of a situation.

This simple change in mindset has a huge effect. Most of us are used to walking into a business situation with a "What can I get?" attitude. Instead, ask yourself, "What can I give?" Bringing forth an energy of service helps other people want to serve you back. Focus on how you can create a space where everyone wins.

Attitude is everything

By now you know the difference between what happens when you show up to work with a "baditude" and when you show up in good spirits.

- The moment you arrive in the office, you set the tone for the rest of the day. Your positive attitude is everything when it comes to healthy work relationships.
- To start your day off right, commit to approaching things with a positive intention. Before you walk through the door to your office, silently bless everyone you work with.
- Envision them smiling and happy. Send each one a positive thought. Your energy and intentions speak much louder than your words. Bring your good vibes to the office and expect miracles!

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N.Y. behind despite working overtime

Stanley Cup final.
Rangers blame two OT losses on missed chances, weak calls

The New York Rangers returned home Sunday with a bad taste in their mouth.

Unable to hold a two-goal lead on three occasions in their 5-4 overtime loss to the Kings, the Rangers had plenty to rue in Game 2 of the Stanley Cup final at Staples Center on Saturday night.

But they were especially upset at a non-call early in the third period when Dwight King scored to pull the Kings to within one at 4-3.

As Justin Williams moved the puck to Matt Greene at the point, the six-foot-four 230-pound King headed to goal as he had done all night. Rangers defenceman Ryan McDonagh engaged him at the top of the blue paint and soon King, McDonagh and goalie Henrik Lundqvist were tangled together like a three-headed octopus.

King somehow managed to tip Greene's shot from the point as Lundqvist was unable to move.

Marian Gaborik scored 5:38 later to tie it at 4-4 and Dustin Brown's tip-in of a Willie Mitchell shot ended the drama at 10:26 of double overtime.

On the wrong end of two overtime contests, the Rangers trail two games to none going into Game 3 Monday at Madison Square Garden.

Asked it was goalie interfer-



Dwight King of the Los Angeles Kings scores a goal past Henrik Lundqvist of the New York Rangers in the third period of Game 2 of the Stanley Cup final on Saturday in Los Angeles. VICTOR DECOLONGON/GETTY IMAGES

Trying to beat the odds

89.9%

Forty-eight teams have taken a 2-0 series lead since the Stanley Cup final went to the best-of-seven format in 1939. Of those clubs, 43 (89.9 per cent) have gone on to win the Cup, including the 2012 Kings.

ence on the King goal, a tight-lipped Rangers coach Alain Vigneault said: "Ask the NHL."

Goalie interference is not reviewable under the current

rules.

Lundqvist was clearly unhappy, throwing his arms up in disbelief after the goal as he was pinned under King and McDonagh. He talked to the referee during a TV timeout soon after, seeking an explanation.

Lundqvist said after the game that he just wanted consistency, pointing to a goalie interference penalty to Rangers forward Benoit Pouliot in the second period.

"If they don't call that, you can't call what they called in

the second period," said Lundqvist, who thought Pouliot had been pushed into Jonathan Quick.

"We have the same play and they score. Like I said, I don't think it's a penalty but you've got to stop the play if the goalie can't move in his crease."

Vigneault tried to look at the positives.

"Both games we had opportunities," he said. "We didn't get it done. We're going home in front of our great fans. We're going to be ready for the next game." **THE CANADIAN PRESS**

French Open. Rafa's reign continues in Paris

Trying to beat Rafael Nadal at the French Open is the toughest task in tennis.

The pressure he applies, from set to set, game to game, point to point, shot to shot. That bullwhip of a high-bouncing, topspin lefty forehand. Those quick-reflex returns that help him break an opponent's serve — and his will.

Doing what he does so well on the red clay of Roland Garros, a surface and site he dominates so completely, the No. 1-seeded Nadal wore down No. 2 Novak Djokovic 3-6, 7-5, 6-2,

Women's title

Maria Sharapova won her second French Open title in three years Saturday, beating Simona Halep 6-4, 6-7 (5), 6-4.

6-4 in a muggy final Sunday to win his ninth French Open championship and fifth in a row, both records.

"For me," Nadal said, "playing here in Roland Garros is just unforgettable, forever."

THE ASSOCIATED PRESS

CFL labour talks

New deal a tough sell: Union rep

Selling the new tentative agreement to the CFL's players may be a challenge, Hamilton Tiger-Cats union rep Peter Dyakowski said Sunday.

The players' association and CFL reached a tentative agreement late Saturday night on a new contract. The move averted a potential players' strike and, if ratified, would secure the league five years of peace.

But the CFLPA needed more than four hours Saturday night to sell the deal to its team reps during a conference call. Once news of the tentative agreement broke, many CFL veterans voiced their displeasure on social media.

"You hire a bunch of clowns and you are probably going to get a circus," tweeted Calgary Stampeders defensive back Jeff Hecht. **THE CANADIAN PRESS**

NBA

Shelly Sterling to maintain ties with Clippers: Sources

Los Angeles Clippers co-owner Shelly Sterling would remain close to the organization under terms of the pending sale to former Microsoft CEO Steve Ballmer, according to two individuals close to the negotiations.

The individuals, who are not authorized to speak publicly, told The Associated Press the \$2-billion deal allows for up to 10 per cent of the team to be spun off into a charitable foundation that Shelly Sterling would essentially run.

THE ASSOCIATED PRESS

Sunday's game

Go to metronews.ca for coverage of Game 2 of the NBA Finals.

MLB

Hutchison drops another in Toronto

Jaime Garcia and two relievers combined on a three-hitter, Matt Carpenter and Jhonny Peralta homered, and the St. Louis Cardinals beat Drew Hutchison and the Toronto Blue Jays 5-0. Hutchison (4-4) allowed five runs and six hits in three innings. **THE ASSOCIATED PRESS**



Rafael Nadal bites the trophy after winning the final of the French Open against Novak Djokovic at the Roland Garros stadium in Paris, Sunday. Nadal won in four sets 3-6, 7-5, 6-2, 6-4. DARKO VOJINOVIC/THE ASSOCIATED PRESS

Horoscopes

Aries

March 21 - April 20
Cosmic activity inclines you to believe that everyone is out to get you, that there are enemies lurking behind every door. Maybe there are, but more likely your imagination is playing tricks on you.

Taurus

April 21 - May 21
The more you try to convince people you know what you are doing, the more they disbelieve you! Never mind. You don't need their support to do what must be done. You're tough enough to go it alone.

Gemini

May 22 - June 21
According to the planets you will be too impatient to do the best job you can do, so better to avoid certain tasks than make a mess of them.

Cancer

June 22 - July 23
You don't care in the slightest what other people think of you or of your methods. But today you do need to listen to advice or you could make the kind of mistake that takes a lot of time and money to put right.

Leo

July 24 - Aug. 23
You may find it hard to control your temper today but that's okay. With Venus strong in your chart, loved ones, work colleagues and even employers are likely to forgive you.

Virgo

Aug. 24 - Sept. 23
Today you may be a bit confused about what others expect of you. That's okay, because chances are they don't know themselves. Do what feels right to you, nothing more.

Libra

Sept. 24 - Oct. 23
Where money matters are concerned you would be wise not to take risks. A hunch might pay off but more likely it will put you in a situation where one loss leads to another.

Scorpio

Oct. 24 - Nov. 22
It is inevitable there will be some kind of falling out today but in the greater scheme of things it's not such a big deal. Keep smiling.

Sagittarius

Nov. 23 - Dec. 21
Little things will annoy you more than big things today. By this time tomorrow you will have calmed down but today you'll need all your powers of self-control.

Capricorn

Dec. 22 - Jan. 20
Before getting involved in other people's affairs you should always ask yourself what the chances are of doing more harm than good.

Aquarius

Jan. 21 - Feb. 19
Someone in a position of authority is watching you closely and if they like what they see you will gain in many ways over the coming week. The one thing that may put them off is if you are too rigid in your thinking. As if!

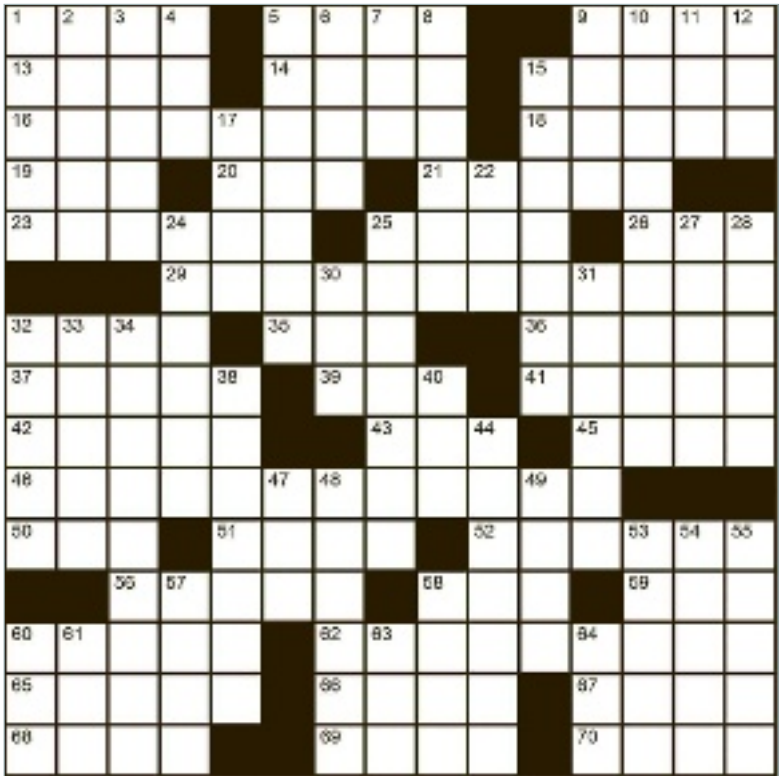
Pisces

Feb. 20 - March 20
Don't waste your time and energy looking for complicated solutions to what are really quite simple problems. Sometimes you read too much into what is taking place around you.
SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Brain's frontal ____
5. Shape
9. Diminutive suffixes
13. Churchyard = God's ____
14. Hawaii happening
15. Ad
16. BC: Queen ____ Islands (Haida Gwaii, formerly)
18. Heart's "Crazy ____"
19. Energy unit
20. U.S. tax org.
21. Tortilla chips dip
23. Deodorant brand
25. 50 Cent's "Just ____ Bit"
26. 33.3 rpm-ers
29. Pre-Noah flood time, as in Donovan's "Atlantis"
32. Somewhat, in music
35. Ford Explorer, e.g.
36. Electrical pioneer Nikola
37. Bid ____ farewell to
39. "Way cool."
41. Participate
42. 2 to 1, for example
43. Modern
45. Time ____ the essence
46. ____! ____! ____! (Kellogg's Rice Krispies characters Snap! Crackle! Pop! ...as they are known in French)
50. Cardinals player's



- baseball cap letters
51. "Titanic" (1997) star Billy
 52. Not casual, as clothes
 56. Actor Mr. Bridges
 58. Dee's precursor
 59. Dynasty of China
 60. Barcelona's country

62. Goddess in Tal Bachman's "She's So High"
65. Cavalry creature
66. Actress Sharon
67. Blue dye
68. "M*A*S*H" star Alan
69. Ms. Gaga
70. Grand __, ON

Down

1. Spiked
2. Rusty hue
3. British singer/activist Billy
4. 'Pamphlet' suffix
5. Broccoli 'blossoms'
6. Baseball stats
7. Informer, to an inmate
8. Oatsy dried fruit mix
9. Samovars
10. UELAC = United Empire ____ Association of Canada
11. Goth/rock fan
12. Old French coin
15. Contaminate
17. Hold on property

22. Garlic: French
24. Milos __, Canadian tennis star
25. Move ahead
27. Prefix to 'anthropology' (Human-like fossils study)
28. Eat energetically
30. Switzerland's li'l location
31. Italy's city of canals
32. __ nationaux du Canada
33. Work ____ (Gallery piece)
34. French actress Marion
38. CBC program hosted by Ann-Marie MacDonald: 2 wds.
40. Ant & ____ (Hosts of "Britain's Got Talent")
44. Hospital attendant
47. Light beam
48. Broadway tune bit: "____ that jazz."
49. Nabisco treat
53. Farm animal
54. Cannot be changed, ____ stone
55. Grant
57. Actress Ms. Rinna
58. Actor, ____ Michael Murray
60. Na Na's musical need
61. Parliament Hill fig.
63. French-Canadian ____ soup
64. Tap on

Friday's Crossword

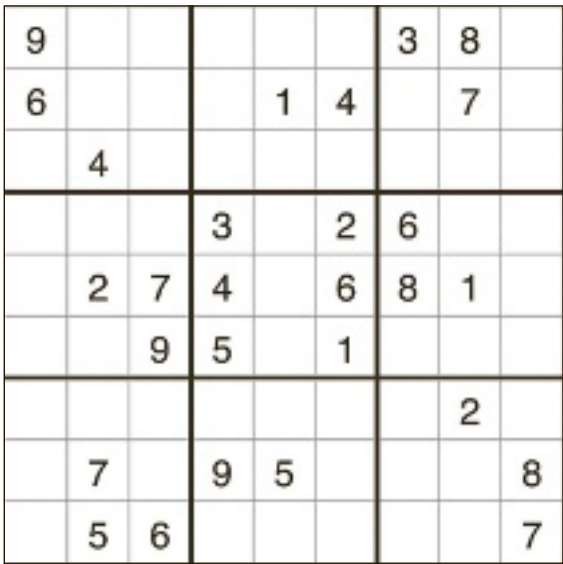


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Today



27°/16°
Partly cloudy

Tuesday



26°/15°
Variable

Know what the weather
will be 14 days from now.
Check the 14 day trend.

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